










# April 2022

## Group Exercise Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength Train 5:30am-6:20am Ann	<b>LES MILLS BODYPUMP EXPRESS</b> 5:15am-6:00am Lisa		<b>LES MILLS BODYPUMP EXPRESS</b> 5:15am-6:00am Lisa	Strength Train 5:30am-6:20am Ann	Stretch 7:30am-8:00am Kat	
Cycle 6:30am-7:30am Ann	Interval Training 6:30am-7:30am Danielle	Cycle 6:30am-7:30am Debbie	Interval Training 6:30am-7:30am Mikey	Cycle 6:30am-7:30am Ann	Pilates 8:00am-8:50am Karin	
Forever Fit 7:45-8:45am Nancy		Forever Fit 7:45-8:45am Nancy		Forever Fit 7:45-8:45am Nancy	Cycle 8:15am-9:15am Hilary/Jennifer	
	Hatha Yoga 8:00am-9:00am Colleen D.	<b>Outdoor Fitness</b> 8:30am-9:20am Michelle	Barre 8:00am-9:00am Ann	<b>Outdoor Fitness</b> 8:30am-9:20am Michelle	Step 9:30-10:15am Jenny	
		Please check in at the front desk prior to outdoor classes!	Outside classes are held in the soccer field parking lot past AVSAC	Hatha Yoga 8:00am-9:00am Colleen D.	Zumba® 10:30-11:20am Lisa	
HIIT 9:00-10:00am Ashley	Strength and Stretch 9:15am-10:15am Kemper	Kickboxing 9:00-10:00am Ashley	Zumba® 10:00am-11:00am Lisa	HIIT 9am-10am Ashley	<b>POUNCE</b> 11:30am-12:30pm Kat	Vinyasa Flow Yoga 9:30-10:45am Peggy
Cycle 12pm-12:50pm Jenn/Tara/Lauren	Barre Strength 11:00am-12:00pm Ashley	<b>LES MILLS BODYPUMP</b> 10:15am-11:15am Sarah				
Strength Training 4:30-5:30pm Jenny	Strength Training 12:00pm-12:50pm Lynne	Pilates 11:00am-12:00pm Karin	Barre Strength 11:00am-12:00pm Ashley	<b>NEW!</b> Vinyasa Flow 11:00am-12:00pm Lauren		Vinyasa Flow will not be held on Easter
<b>POUNCE</b> 6:00pm-6:50pm Lisa	Yin Yoga 1:00pm-2:00pm Kim	Cycle 12pm-12:50pm Tara	<b>POUNCE</b> and Strength 12:00pm-1:00pm Lynne			
Zumba® 7:00-7:50pm Lisa						
Yoga Sculpt 5:00pm-5:50pm Kate	Tabata 5:00pm-5:45pm Kat	Kickboxing 4:30pm-5:30pm Lisa	Cycle 4:30pm-5:30pm Ann			
Hatha Yoga 7:00-7:50pm Colleen D.	<b>NEW!</b> Beginner Step 6pm-6:45pm Lauren	Step 5:45-6:45pm Jenny	Yoga Sculpt 5:00pm-5:50pm Kate	Yoga Stretch 5:30pm-6:30pm Colleen	CLASSES SHADED IN GRAY MEET IN THE MULTI-PURPOSE ROOM	
	Cycle 7:00-7:50pm Hilary		<b>LES MILLS BODYPUMP</b> 5:45pm-6:45pm Lauren			
						

\* Indicates a \$9 drop in fee for this class (annual passholders attend free)

\* Please note, the times, formats, and instructors listed are subject to change on a monthly basis.